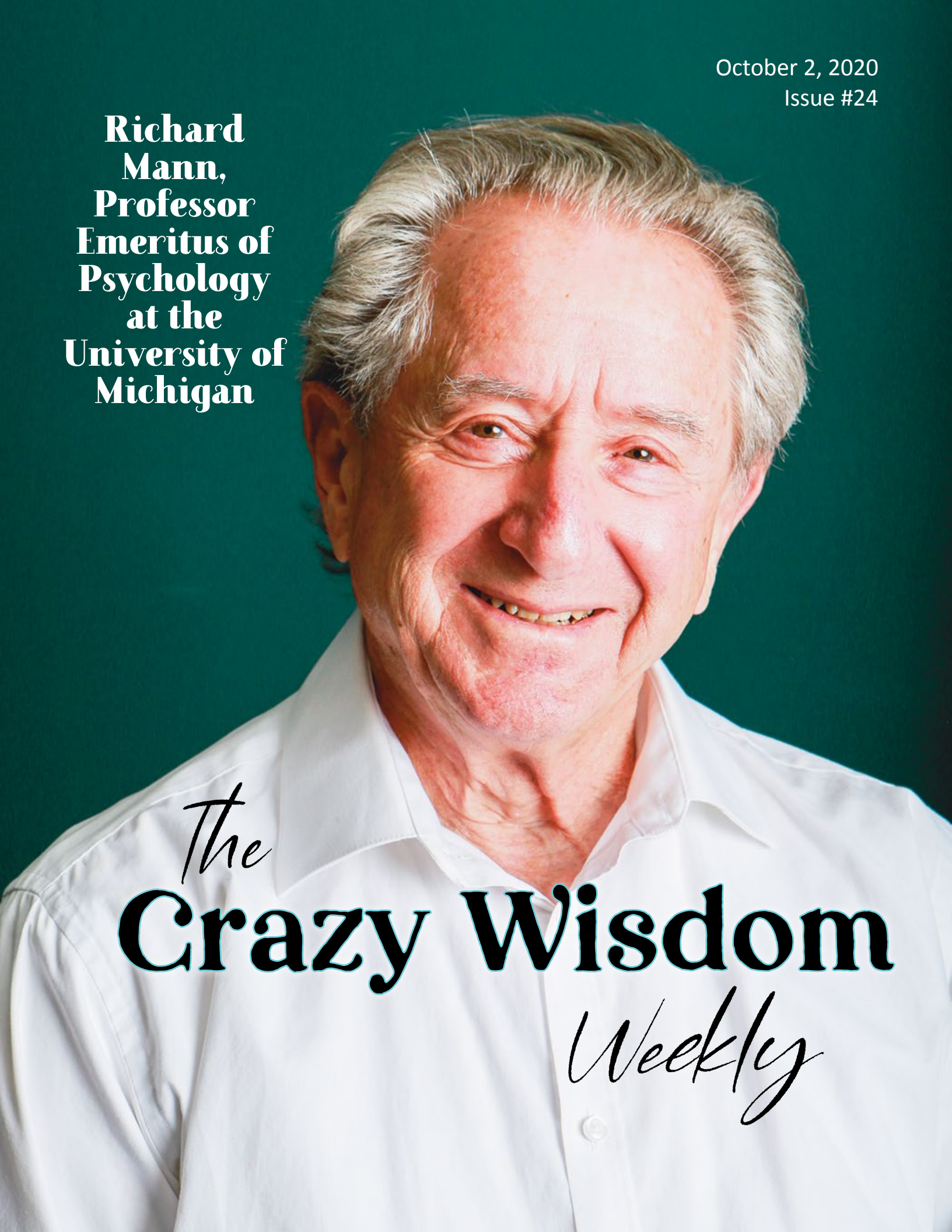
October 2, 2020
Issue #24

Richard Mann, Professor Emeritus of Psychology at the University of Michigan



The Crazy Wisdom Weekly

shining a light in the dark

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

Photo by Aaron Burden on Unsplash

The Crazy Wisdom Weekly

The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

Artwork by Jennifer Carson

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It's been wonderful to see our lovely customers— masked, socially distanced and staying safe.
We missed you and are grateful to our staff for being here!
Our second floor and public restroom remain closed.
Thank you for your patience and understanding!
CRAZY WISDOM
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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Moira Payne
Angela Madaras
Lindsey Dahl
Pat Shure
Susan Ayer
Richard Mann
Grace Story
Jennifer Carson
Bill Zirinsky

Word of the Week:

Xertz

The act of gulping something down in haste.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

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The Saul Family Bought a Farm in Lexington, and Fired Up the Grill

By Angela Madaras

My grandfather, Lawson Saul, and Grandma Donna moved to Lexington, North Carolina in the summer of 1978. I was a tall-skinny bean pole and trying out vegetarianism because my step mom Gail was a vegetarian. However, Lawson was a meat man from way back and every Sunday we fired up the Charbroil grill and had steaks, baked potatoes, and salad with whatever vegetables were growing in the garden or fresh from the store. If I did eat meat, I bathed it in ketchup, which made him a little upset, as he would tell me, "meat prepared right does not need ketchup." While I did not agree back then, now I get it!

I loved being at the farm with the whole family eating on the picnic table after a hard day's work. We were outside as much as possible and enjoyed practicing soccer and riding horses. My first horse, Huck, was the love of my life. We had a connection that I have yet to have with another pet. We rode on the trails and I had a small ring with jumps for practice. My dad built a fence for the pasture and sometimes Huck would jump the fence because he loved to run, jump, and be free. I guess that is why we got along so well. We were both free spirits.

BLUEBERRY POWER SMOOTHIE
THIS FAN-FAVORITE AT FRESH FORAGE IS RICH IN ANTIOXIDANTS AND PROMOTES HEART HEALTH!
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• 1 OZ WALNUTS
• 1 OZ DATES
• 1 TSP CHIA SEEDS
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During the summer months I hated weeding and picking beans in the heat and high humidity, but the love of gardening and farming followed me into my older years. I learned how to appreciate food in every stage of its existence—from seed to the table and starting all over again. I grew out of vegetarianism, mainly because I had to with health concerns. I have since had my own small farm, raised and butchered animals, and have had an organic garden and CSA for many years. My aunt, Hota, and I both inherited the garden gene. I had it going on from both sides of my family. Growing up on the farm was a gift, and I remember it with fond memories. I even got used to the ghost, Fred, but that is another story. The love of food and learning about grilling meat began for me on the farm with Grandpa Lawson as the guide.

Lawson first cut his chops in the butchering industry in 1948, the year my mom Pam was born, while he was working at Kresge Grocery Store in Toledo, Ohio after returning from serving in WW2. He was attending college at the University of Toledo, and working part time stocking shelves, but he would go in to the store on Mondays, working off the clock. He helped the butcher, Nick Bealie, cut meat, so he could learn. They would get a quarter of cow and cut it into steaks, roasts, and make ground beef. Nick told Lawson that a good butcher never has blood on his apron. Then Lawson moved on to his first full time job in the grocery business at the A&P office in Louisville, Kentucky. He was the youngest personnel manager at age 28. Then he was transferred and moved the family of five to Detroit. He worked as assistant operating superintendent of operation and transportation with A&P until 1965 or '66. Both of Lawson's grandfathers were in the food business, too. Ed Lightener, his maternal grandfather, lived in Liberty Center, Ohio and in the 1930's owned a grocery. Grandpa George Saul was a farmer and owned a sauerkraut company called Liberty Kraut in the 1930's, which was sold to Super Floss.

My mom died the summer of 1975. I lived with my Grandma Vera and Popa Joe (my dad's parents) in Southfield, Michigan where I was born. With my dad and step mom now living in West Virginia, and the Saul side of the family in Virginia, my father thought it would be best for me to live with my grandparents, Donna and Lawson Saul. Howard and Hota were still at home and we were so close in age that we were like brother and sister.

My uncle Howard followed in his father's footsteps, starting with Food Lion as a meat man, where he learned how to butcher. Howard is still in the business selling meat and food processing equipment. He has had many food related jobs in-between and has a passion for cooking. He has always wanted to own a restaurant. His love of the grill was celebrated in 2013, when he refurbished Lawson's Charbroil grill (circa 1969) and moved it to his home, where he grills amazing meals inspired by Dad.

COMFORT FOOD

Turkey and Sweetcorn Meatballs with Roasted Pepper Sauce

Adapted by Angela Madaras

INGREDIENTS: (Serves Four)

2 1/4 Cup sweetcorn kernels (fresh or frozen)
3 Slices of stale white bread, crusts removed
1 Pound ground turkey breast
1 Egg
4 Spring onions, finely chopped
2 Tbsp finely chopped parsley
2½ tsp ground cumin
1½ tsp salt
½ tsp black pepper
1 Garlic clove, crushed
Your choice of oil for frying

For the roasted pepper sauce:
4 Red peppers
3 Tbsp olive oil
1 Tsp salt
1/3 Cup coriander, leaves and stalks
1 Garlic clove, peeled
1 Small mild chilli, deseeded
2 Tbsp sweet chilli sauce
2 Tbsp cider vinegar or white wine vinegar

DIRECTIONS:

Preheat the oven to 400°F.
To prepare the peppers for the sauce, quarter them with a sharp knife and shave off the white parts and the seeds. Put them in a roasting tray and toss with 2 tablespoons of the olive oil and ½ teaspoon of the salt, then roast in the oven for 35 minutes or until soft.

Transfer the hot peppers to a bowl and cover it with cling film. Once they have cooled down a little, you can peel them, although it isn't essential for this sauce. In any case, place them in a blender or food processor with their roasting juices and add the rest of the sauce ingredients. Process until smooth, then taste and adjust the salt if necessary. Set aside.

For the meatballs, place a heavy, non-stick frying pan over a high heat and throw in the corn kernels. Toss them in the hot pan for 2–3 minutes, until lightly blackened. Remove and leave to cool. Soak the bread in cold water for a minute, then squeeze well and crumble it into a large bowl.

Add all the rest of the ingredients except the sunflower oil and mix well with your hands.

Pour a 1/4 inch depth of sunflower oil into your heavy frying pan. Allow it to heat up well and then fry about a teaspoonful of the mince mix in it. Remove, let cool a little and then taste.

Adjust the amount of salt and pepper in the uncooked mixture to your liking. With wet hands, shape the mince mix into balls, about the size of golf balls.

Cook them in small batches in the hot oil, turning them around in the pan until they are golden brown all over.

Transfer to an oven tray, place in the oven at 400°F and cook for about five minutes. When you press one with your finger, the meat should bounce back. If unsure, break one open to check that it is cooked inside. Serve warm, with the pepper sauce on the side.

From the Fall Issue of the Journal

For our 25th Anniversary Issue of the Crazy Wisdom Journal, we invited eight well-respected leaders in the regional conscious living community to tell us what they have been up to and what they have been thinking about during these months of sheltering in place. Below is our featured interview with Richard Mann.

Richard Mann

Richard Mann is a Professor Emeritus of Psychology at the University of Michigan, where he taught for more than 50 years about group process, psychology and religion, and spiritual development. He was the founder of Project Outreach, an ongoing experiential Psychology program at the University. He has written three books, Interpersonal Styles and Group Development, The College Classroom, *and* The Light of Consciousness. He has also been involved for many years with Siddha Yoga, and been a leading light in the field of transpersonal psychology. He was on our cover in 2004.

How have you handled this unique time in your life? Have you found yourself getting lonely, and if you have, how have you helped yourself to feel better? What gifts or blessings have come your way during these months, and what has been hardest?

I don't feel lonely. I had already transitioned from the decades of hanging out with class after class, individual after individual, into my version of being something like the forest dweller. I might have a honey-do list to attend to some days. I might focus on writing down the thoughts I now have time to nurture. But the blessing is there in the unbounded moment that arrives without warning.

Did you develop any new habits during these months of stay-at-home orders and social distancing, or because of fear of exposure to Covid-19?

I would like to stay committed to an early morning practice of chanting the Guru Gita. It produces a huge picture moment that lasts well into the day. A huge picture that reveals the enormity of the human condition and the not exactly unique degree of distress this virus has induced. We are all one.

—Professor Emeritus Richard Mann

How do you see your work life changing as a result of this period in your life?

Steady as she goes. Retirement is delicious.

Have you indulged in any guilty pleasures while in quarantine? If yes, what?

No.

When you were a child, what did you dream of becoming as an adult?

My cover story was to be a lawyer, but beneath that device I had hardly any notion of what I would "become."

What inspired you to become a psychologist?

The joy of finding a stance to adopt, a reference point derived from social science. For one thing it provided the best vehicle I could imagine and gave me some leverage against the barrage of hide-bound opinions and conventional injunctions that ruled every dinner table conversation.

Did your childhood dreams manifest in your adult life? How?

I did achieve some mastery of the field of psychology, but to my surprise that one-up angle on college teaching became far less engaging than deepening the immediate contact with students as fellow explorers.

What will have changed in your life permanently due to covid-19?

I can't think of anything I will ascribe to it five or ten years from now, or even five or ten months.

What do you think is the most fascinating or profound aspect (or aspects) of this pandemic, and its effects on our culture and country?

The dynamism of equality-consciousness and the actions that express this will at least create a new highwater mark. So many essential people, it turns out. Others will follow. The tipping point is out there somewhere.

Thank you to the wonderful staff that has kept this important part of the Ann Arbor community strong all of these years.

Linda S. Bender, ACSW, LMSW
734. 395. 2285

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Don't miss the 25th anniversary issue of *The Crazy Wisdom Community Journal* on newsstands now and also online!

The Crazy Wisdom Community Journal
Southeastern Michigan's Conscious Living Magazine
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September through December 2020 - Issue 75
25th Anniversary Issue
Leading Lights from the Community (and from our previous covers) Came Together on the Eve of the Pandemic to Help Us Celebrate
From left to right: Bill Zirinsky, Linda Diane Feldt, Brian O'Donnell, Bronwen Gates, Lev Linkner, Cathy King, Haju Sunim, Richard Mann, Larissa Czuchnowsky and her son, Isaac Levey
Sandor Slomovits on the Legacy Land Conservancy • The Grit Behind the Grange (Restaurant) • Hidden Gems: Green Spaces You Might Not Know About • Yin Feminism • Sandy Finkel and Dennis Chernin on Stepping Out of their Comfort Zones • Kintsugi and the Art of Healing the Broken Heart • Saved by the Squirrels • Psychotherapist Marcia Haarer • Kokopelli's Corner • Conscious Parenting • Great Tastes • Yoga Column • And More

From Our Archives– Sacred Smoke: Smudging, Smoke Cleansing, and Purifying Your Space with Intention

By Moira Payne

I remember coming home after my divorce was finalized. The exhilaration I had felt once the burden of a decade had been lifted changed when I walked through my door. It was quiet. Too quiet.

Through the next several weeks, the weight of coming home was wearing me down. I could not understand how the solitude I had longed for had become my newest burden. I began the process of getting rid of things—the pretty little porcelain butterflies that hung on my wall that he had bought me for Mother's Day during a getting-along year, the picture frames that I never really liked, but had been given with such love that they still sat on my dresser, the stuffed animals that sang the ballad of everlasting love.

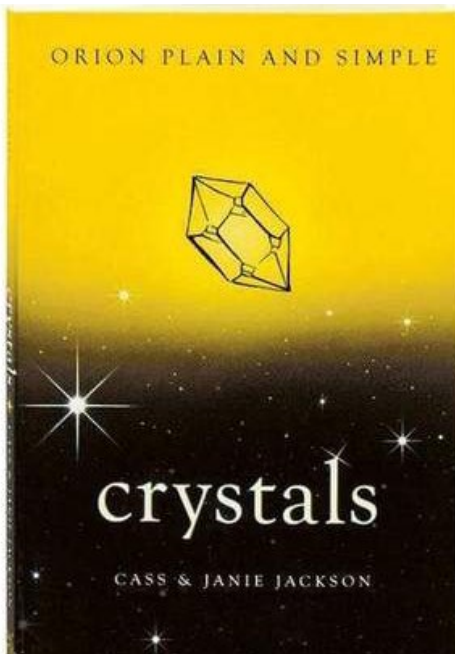
Even with these things, and several other car loads, taken to the nearby donation store, the very air in my home had ceased to circulate and had become heavy. That's when I bought my first sage stick. I lit it and walked from room to room, corner to corner, waving it around and blowing on it, to keep it going strong. To the tops of the walls and back to the bottom, from the back of the house to the front. The sweet smell of sage smoked my home each evening until finally, the weight was lifted. It is from my own personal experience that I write with such confidence.

Smoke permeates the air. You can see its path and how it spreads. There can be no place that is missed in a place where there is smoke. In so many ways, the smoke takes our hopes and desires and carries them away to be spread across the world. Given this, it's not surprising that it has been used in spiritual and religious ceremonies around the world and across virtually all cultures. The first recorded use was with incense used by Egyptians as far back as 2500 BC, but it was also being developed in practices in China at the same time. Religious use of incense is prominent in Buddhist, Taoist, and Shinto shrines. These practices saw the burning of incense to be a way of purifying the surroundings and bringing forth Buddhas, Bodhisattvas, and Gods.

Smoke and incense aren't just relegated to Eastern spiritual practices either. Read the rest of the article here.

Crazy Wisdom Book Pick of the Week

By Grace Story



Crystals: Orion Plain and Simple
by Cass and Janie Jackson

From time immemorial, crystals have been used for healing, and legend has it that long ago, people knew how to store information inside these precious stones. How does their incredible magic work? Through this clear, practical guide, discover the many ways crystals can cure physical, emotional, and spiritual problems, divine the future, and enhance psychic powers. Learn which ones work best to aid meditation and visualization, clear a room of negative energy, promote creativity, or foresee the future. There's advice on buying, purifying, and charging the stones, crystal folklore, and a breathtaking gallery rich in information.

A splendid book for the curious and for beginners on the crystal path, *Crystals, Plain and Simple* is a book that entertains, enlightens, and informs.

Purchase your copy of *Crystals* at shopcrazywisdom.com.

5 questions for artist, LINDSEY DAHL

With so many afraid of public interaction, what made you decide that now was the time for an in-person art show?

Since we moved here last fall, I've had the idea of hosting some type of art show—even if it was just myself and a few friends. This year I figured why not see if there was interest, as so many events have been canceled. There's plenty of open yard space here, and we are not fearful of having visitors during these strange times.

I've heard you have lots of cool birds at your house. Which breed is your favorite?

They are cool birds, and picking a favorite breed is tough! All have their own characteristics that make them desirable. If I HAVE to choose one, I'd say ducks in general are my favorite. Even though I have several other beautiful strange birds, I have always loved my ducks—even at a young age. Currently there are Call, Runner, and Mandarin ducks in my pens.

As a creative, how did you make it through the months of lockdown?

Being in lockdown was not much different compared to pre-Covid for me. I have a great space in the basement where my studio and gallery are located, and I really don't mind spending my days living as a hermit. Though, there were times I missed having friends over and chatting face-to-face about creative and non-creative things.

What do you do each day to make sure your creative soul is fed?

Most days start with a quality cup of coffee to get the wheels turning. I will sometimes surf through inspiring folders of reference photos for future paintings. Every day I take care of all the dependents (birds), and they really do bring joy and get my mind in a good place. While in the studio I listen to music and interesting podcasts keep me in a productive working mode.

Why do you think art is important right now, to both artists and those who support the arts?

While there's many important things to focus on in life currently, art is an important element. Especially in these crazy times, art can bring joy to those who may need a positive spot in their life. There's such a variety of creative outlets for several artists and patrons. I know it's very appreciated when supporters find excitement in one's work—enough to purchase and make it a part of their life. It's a win, win.

Find about more about A Rare Find art show, and the artists attending, here.

Kathy Braun

and the Role of Hypnotherapy in Healing

By Pat Shure • Photo by Susan Ayer

Kathy Braun, the Clinical Hypnotherapist of Ann Arbor Hypnotherapy, is my cousin. When she relocated to Ann Arbor about fifteen years ago we all wanted to hear about her hypnosis practice. I was interested, but skeptical. I thought the "hypnotic state" was fiction. Kathy wouldn't talk about her practice—explaining that the sessions she has with her clients are strictly confidential. She preferred to talk about what she calls her "bragging rights" back in the day when she was in a New York Shakespeare Festival production of *Measure for Measure* starring Meryl Streep.

But as time went on, and she began to accumulate interesting testimonials on her website, more and more people seemed convinced that something real was happening. I wanted to see for myself, so I asked her if I could observe a session. She asked one of her clients, a medical student who was coping with test anxiety, if it would be okay for him to have an observer at their next session. He agreed, I watched the session, and it changed my mind about hypnosis. I saw that the hypnotic state is not just fiction, it's a very real mental state. It's my hope that my interview with Kathy will help readers understand how hypnosis works and how it can enable healing.

Pat Shure: Can you talk a little about the hypnotic state?

Kathy Braun: Sure. There's a lot of misunderstanding and frankly, nonsense, about what hypnosis really is. When you think about it, hypnosis is the only healing modality that's also used for entertainment. "Hey, let's get a hypnotist for the senior party—or for the wedding rehearsal—or just for fun!" You never hear "Hey, let's get a dentist to do a root canal for the senior party!"

Of course, with entertainment, anything goes. When a magician says "And now ladies and gentlemen, watch me saw this lovely lady in half!" the audience enjoys the show—they know he's not about to commit murder. They know it's a trick, and by now, most people know what the trick is. But they're not there at the show for healing, they're there for fun.

Entertainment hypnosis works on the idea that most people don't know a crucial core truth about hypnosis. "He made me cluck like a chicken," they'll say. But in reality a hypnotist can't make anyone do anything. It simply doesn't have that property. Hypnosis absolutely cannot overcome free will. If it did, hypnotists would be billionaires—they're not. If it did, prisoners of war would come home working for the enemy—they don't.

Pat Shure: So, exactly how does it work?

Kathy Braun: Clinical hypnotherapy has a whole other purpose than entertainment. Like any other clinical modality its purpose is to help restore health and well-being.
Science steps in here to help, because hypnosis is a mental state that can actually be measured. The EEG, or electroencephalogram, measures the bioelectrical activity in the brain.

So, if you had an EEG measurement when you were asleep your brain waves would show one pattern—generally, in sleep, a pattern that could be described as a gently rolling ocean. In a hypnotic state you'd show what science has named an alpha wave.

Generally speaking (because there are exceptions) when we're awake our brain is producing either an alpha or a beta wave. Most of the time when we're awake we'll show a beta wave. On the monitor it looks angular and sharp. It's very fast. Every second it waves–goes up and comes down—about 17 to 21 times. That's per second. Fast.

If you're feeling super anxious or having a panic attack you'd probably register at the high end of the beta spectrum. If you're just walking around being awake you'd probably register at the low end. Nevertheless, even the low end is fast.

Pat Shure: Okay, and what about alpha waves?

Kathy Braun: In a small minority of the time, you might show an alpha wave. An alpha wave isn't angular, it's rounded. Even visually, compared to the beta wave, it actually looks much more relaxed. It resembles the sleep wave, that is to say rolling and rounded, but with a bigger amplitude (the height of each wave). The important point about the alpha wave is that it's considerably slower than the beta. Every second it waves only 8 to 12 times a second. Much slower. And from a subjective point of view, it feels much different. It feels super relaxed.
Usually an alpha wave will present itself in very specific settings. Here we're talking about hypnosis, but you can also see an alpha wave in people who are in deep meditation. There's definitely an overlap between the hypnotic state and the meditative state.

PS: What's good about the alpha state?

KB: There are many wonderful things about the alpha state. First of all, it feels great. It's the very opposite of feeling anxious. Second of all, all by itself, it leads to healing. The body/mind much prefers to feel super relaxed than to feel super anxious and that preference plays out in many different manifestations of well-being or its absence.

Third, it's the state that's most desirable for effective Suggestion Therapy, to further goals that have been mutually chosen by therapist and client.

And fourth, a terrific benefit from my point of view, is that it's easily learned. I regard accessing the alpha state, and all its benefits, as a skill. I love to teach it. Teaching it is a central part of my approach to working with clients.

PS: What about all the exotic things one hears about hypnosis?
KB: Oh, it's fascinating, no doubt. When I was in hypno school we watched a program from the BBC about a surgeon in Madrid who *only* uses hypnosis as an anesthetic. Not me, I must say. Neither doing that kind of hypnosis, nor wanting it for myself. If I have to have surgery where someone is cutting into my body, give me conventional anesthesia, is what I say.

But that being said, in the last thirty years there's been a lot of scholarly work concerning the placebo effect—it's currently in the process of making a full 180 degree turn regarding the opinion about its worth. In the past it was regarded as sort of a nuisance that shows up in approximately 30% of double blind drug trials across the board—with every type of disorder and every type of drug. That's a huge number. Now it's being seen as a vanguard effect that demonstrates the incredible potential of the power of the mind. By the way, may I insert something here or do you have a question?

PS: No, go ahead.

KB: I forgot to say a few more basic truths about being in the hypnotic state. One, you remain conscious, you don't fall asleep. Hypnosis as sleep is very old school. "Watch the moving stopwatch. You are falling asleeep." Of course, if you're sleep deprived, simply becoming profoundly relaxed does tend to make you want to go home and take a nap. Good, I say. Sleep deprivation is not good. Feels crappy and also not good for the health. And the stats tell me that many, if not most Americans, are sleep deprived.

Also, here's a biggie—the hypnotic state is not a truth serum. You can actually tell a lie when you're hypnotized. When I was in hypno school this reality about hypnosis surprised me the most. But it's true. You remain in control. I tell my clients: "I can't put you in a trance, extract your PIN number from you, go to your bank, take out your money, and run away. Not possible."
And then there's the myth I call "The Screenwriter's Favorite." For example, the plot goes that a terrorist comes into the office during your session, shoots the hypnotherapist, and you're stuck in hypnosis forever. Nonsense. You'd just open your eyes.

PS: What are your favorite issues to work with?

KB: Well, of course I love helping people banish anxiety. Anxiety is an emotional toxin which is debilitating to health and well-being. My mission is to help all my clients be peaceful and happy. Smoking cessation is way up there. People often come to me because they're due for surgery and their surgeons won't operate on someone who smokes. It's an intensive care program. I use hypnosis combined with EFT (Emotional Freedom Technique), also called tapping, a form of simple energy work. I never make guarantees—I think it would be unethical—but if I made guarantees I'd guarantee my smoking cessation program because the success rate is so high.

But my number one favorite is trauma release. I use it in many situations, but my favorite is releasing the trauma of childhood abuse. It's a tragedy that so many people walk around for years suffering the lingering effects of abuse.

PS: Trauma release—that sounds fascinating. Tell me more about it?

KB: Well, of course there are different types of trauma. For example, being in a horrible car accident as an adult is different from abuse during childhood. I'll tell you about childhood trauma.

One of the things I see regularly is that the client often won't tell me about it in the intake session but waits a few sessions and then sort of casually mentions it at the end of a session. My

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Kathy Braun, continued

feeling is that she's been waiting to see if she can trust me. My response is usually, "I'm so sorry to hear about that. But I have a process that I think could help you. We'll talk about it at the next session."

PS: And then what happens?

KB: Then I go into detail at the next session. By then, she's had a few sessions with me and has become familiar with what being in hypnosis is all about and is also familiar with EFT (Emotional Freedom Technique). She's not only familiar with them on an intellectual level, but in those few early sessions she's actually experienced the relief that they can bring.

When I tell her about the trauma release process I explain to her one of the reasons she's been suffering long into adulthood with the aftereffects of what happened in childhood is because part of her is pushing away from the feelings those memories evoke—it's natural to want to avoid distressing feelings. But with trauma release, part of the process is actually letting those feelings emerge.

But not to worry, for several reasons. First of all, we'll be letting those feelings emerge so we can release them once and for all. Secondly, it won't be like she'll become a child again. She's an adult this time and she's in control and I'm there to be in control with her. And third of all, even though we want the old painful feelings to emerge, at the same time she'll know she's in the reality of being in a recliner in her hypnotherapist's office.

PS: So, you've prepared her for the process. What is the actual process like?

KB: Yes, preparing her for the process is super crucial. At the next session, we use hypnosis to help her access the old feelings and then, when she's experiencing the feelings, we use EFT to dissolve them.

EFT is an incredible technique. Those practitioners who have used it know what I'm talking about. I was very slow to integrate it into my practice because it just hardly seemed real. I think of it (and explain it to my clients) as the antibiotic of emotional work. Before antibiotics were discovered and employed, the number one cause of medical death throughout history was infection and then boom, antibiotics changed everything.

After we go through the feelings and dissolve them, I'll repeat the whole process to make sure the feelings really are dissolved. The memories remain, but like scenes in a movie. The feelings are dissolved, released.

Often in just a handful of sessions the process lets people finally feel free. A satisfying resolution for us both.

To learn more about Kathy Braun visit the Ann Arbor Hypnotherapy website at annarborhypnotherapy.com or email her at kathy@annarborhypnotherapy.com.

Crazy Wisdom Poetry Series

Hosted by Joe Kelty, Ed Morin, and David Jibson

Second and Fourth Wednesday of each month, 7-9 p.m.

Until further notice, all sessions are virtual and accessible through Zoom.
Email cwpoetrycircle@gmail.com for the Zoom link.

Featured Readers:
Donovan Hohn and Natalie Bakopoulos

7:00 PM - 8:45 PM • Wednesday, October 28, 2020

Donovan Hohn is the author of Moby-Duck: The True Story of 28,800 Bath Toys Lost at Sea, a New York Times Notable Book and runner-up for two major awards. His essays appear in Harper's, Lapham's Quarterly, and Best Creative Nonfiction. He will read from The Inner Coast: Essays, published last June.

Natalie Bakopoulos is the author of two novels: The Green Shore and the recently published Scorpionfish. Her work has appeared in Granta, The Iowa Review, Ploughshares, and O. Henry Prize Stories. She's an assistant professor at Wayne State University and faculty member of the summer program, Writing Workshops in Greece.

Featured reader is followed by Open Mic reading. • FREE. All writers welcome • Read your own or other favorite poetry. • Sign up begins 6:45 p.m. • Poetry Series readings every fourth Wednesday hosted by Joe Kelty, Ed Morin, & Dave Jibson. See our blog at cwcircle.poetry.blog.

A RARE FIND
ART SHOW 2020
30 LOCAL ARTISTS
OCTOBER 10 · 11 A.M.-8 P.M.
ACROSS FROM SANDHILL CRANE WINERY IN JACKSON
EXOTIC BIRD INTERACTIONS · FREE KIDS ACTIVITIES
50% OF PROCEEDS GOING TO BENEFIT BIRD CENTER OF WASHTENAW COUNTY
SOCIALLY DISTANCED OUTDOORS
FOR MORE INFORMATION VISIT ARTBYLINDSEYDAHL

The Crazy Wisdom weekly Calendar

Energy Healing

Virtual Healing Energy Vortex - Guided Meditation with Christa Lynn on Zoom • October 5th • 8 p.m. • Have you wanted to help heal the Earth and everyone on it, especially now with the coronavirus pandemic? This is a great way to do it! Experience powerful, intense healing energy as the group unites their vibrations to create the VORTEX! Christa Lynn will guide participants step-by-step through the Healing Energy Vortex Experience. For more information and to register Visit the Enlightened Soul Center online to learn more.

Festials and Events

Virtual RASA Festival • Begins October 1st • 11 a.m. • Group art exhibition, in partnership with Ann Arbor District Library All events will premiere on the the Rasa Festival's Facebook page and YouTube channel from 11am - 12pm EST.

Virtual RASA Festival • October 3rd • 11 a.m. • with guests: Sreyashi Dey: Dance, Amie Maciszewski: Music Kohal Das: Dance, Zilka Joseph and Veena Kulkarni-Rankin: Poetry & Piano, Nina Hauser: Illustrated Talk on Travel-Photography-Art.

Virtual RASA Festival • October 4th • 11 a.m. • with guests: Anu Naimapally: Dance and Stories from Cocoons: Group Art Exhibition

A Rare Find• October 10th • 11 a.m. - 8 p.m.• 4671 Walz Rd. Jackson, MI 49201. With 30 local artists, free kids activities, exotic bird interactions, and more. A socially-distanced art event. For more information visit the A Rare Find event page.

Meditation, Martial Arts, and Yoga

Combatting Racial Prejudice and Inequality Through Meditation and Contemplation • October 5th • 7 p.m. • Three guided meditation sessions, the first Monday of each month, on October 5, November 3, and December 7 from 7-8 pm. All sessions are free and open to everyone, and will be led by Kathleen Thomas, a long-time student of Jigme Khyentse Rinpoche and a social worker at the Ann Arbor VA Hospital. For more information visit Ann Arbor KTC online at annarborktc.org. To register for any or all of the sessions in this program and receive the Zoom link and supporting materials, please email lamanancy@annarborktc.org.

Online Workshops

D.O.V.E. Divine Original Vibration Embodiment System Training (Karen Greenberg's Clair-Ascension Kabbalistic Balance) • October 2 and 9 • 10 a.m. • After studying D.O.V.E. System manual, learning to identify and repattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Journaling for Healing • October 2 • 1 p.m. • 8-Week Online Journaling Workshop. For more information contact Julie Mariouw of Wellspring Workshops by emailing julie@wellspringwritingworkshops.com or visit Wellspring Workshops online.

Monthly Midrash Study • October 2 • 6 p.m. • The written version of the Old Testament (Torah) tells a story. What has been passed down orally for thousands of years is the backstory and various mystical, hidden meanings. It is rich, colorful, detailed, and compiles interesting data like who ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Heightening Your Vibration: Alchemy (2 day class) • October 4 and 11 • 1:30 p.m. • Learn a myriad of tools and techniques, to change your vibration from a lower to a higher vibration, and to sustain it -- including, but not limited to, sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, prayers that you compose, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, toning Names of G-D, Archangels, Masters of Light. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Connecting with Archangels • October 4 and 11• 6 p.m. • Become acquainted with the various Archangels represented in the Sephirot (Spheres) in the Tree of Life. Learn who the Archangels are, what they each do, on whom to call for particular assistance, and how to safely call upon them. Connect , ask Questions, often receive helpful information. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

"Weekly Zohar (The Book of Radiance)" Study • October 11 • 8 p.m. • Explore the hidden and mystical meanings concealed in the Old Testament (Torah); deepen your spiritual knowledge, awareness, consciousness, and connection. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Basic Animal Communication • November 21 • 9 a.m. • Learn to communicate with animals the way they communicate with each other, telepathically. In a nurturing environment, you will learn step-by-step how to calm your mind to allow your natural telepathic skills to blossom and to connect with animal minds. This is a two-day online class that goes from 9am-4pm each day, November 21-22, 2020. Pre-requisite: read Animal Talk, by Penelope Smith. Fee is $150/$120 if paid by November 7, 2020. For more information contact Judy Ramsey at 734-665-3202 or email Judy at ramsey.judy003@yahoo.com . You can also learn more online.

Enlightened Soul Center Psychic Fair • October 3 • 12 p.m. - 6 p.m. • Readers, Shopping, Snacks, Healers, and door prizes. Free parking. Admission: $3 at the door. Readings & Energy Work: $2/minute with a 15-minute minimum unless otherwise noted. Everyone must wear a mask. Visit the Enlightened Soul Center online to learn more.

Shamanism

Medicine For The Earth • October 23 • 9 a.m. • Explore the depth of your own inner light and its connection with All That Is. Learn how to transform the energy behind toxic thoughts and achieve balance in yourself and harmony in your world. You will connect with nature, spirit allies, and the elements to learn how to transform and heal yourself, your community and your environment. Suggested reading: Medicine for the Earth: How to Transform Personal and Environmental Toxins by Sandra Ingerman. Journeying skills are not necessary. All levels and traditions are welcome. This is a 3-day class from October 23-25, Friday 7-9pm, Saturday 9am-9pm, Sunday 9am-12pm. Fee is $180/$120 if paid by October 10, 2020. For more information contact Judy Ramsey at 734-665-3202 or email Judy at ramsey.judy003@yahoo.com . You can also learn more online.

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life • November 7 • 9 a.m. • The shamanic journey is an easy and powerful tool we can use to access spiritual information. In this class you will meet and begin to develop a relationship with a compassionate spirit or power animal who is coming forward to help you at this time in your life. You will learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way.This class is a prerequisite to ongoing and more advanced shamanic studies. This is a two-day class online from 9am-3pm each day, November 7-8, 2020. Fee is $150/$120 if paid by October 24, 2020. For more information contact Judy Ramsey at 734-665-3202 or email Judy at ramsey.judy003@yahoo.com . You can also learn more online.

Storytelling

StoryFest Adult Concert • October 10 • 7 p.m • Ann Arbors Storytellers' Guild presents an evening virtual concert of amusing and creative stories for adults from the comfort of your home. Registration required. For more information visit annarborstorytelling.org.

StoryFest Family Fun • October 11 • 2 p.m • The Ann Arbor Storytellers' Guild presents a virtual Family Storytelling Concert that will inspire young imaginations and giggles! Attend from the comfort of your own home. Admission is free, donations welcome Preregistration Required, please. For more information visit annarborstorytelling.org.

Writing and Poetry

Crazy Wisdom Poetry Series • September 23 • 7 p.m. • Poetry Reading. Featured reader: Dunya Mikhail. Followed by open mic. Email: cwpoetrycircle@gmail.com for more information. Email cwpoetrycircle@gmail.com for the Zoom link.

Get your calendar listings in
by Monday morning at
10 A.M. for the next
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Listen! The wind is rising, and the air is wild with leaves, we have had our summer evenings, now for October eves.
—Humbert Wolfe

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